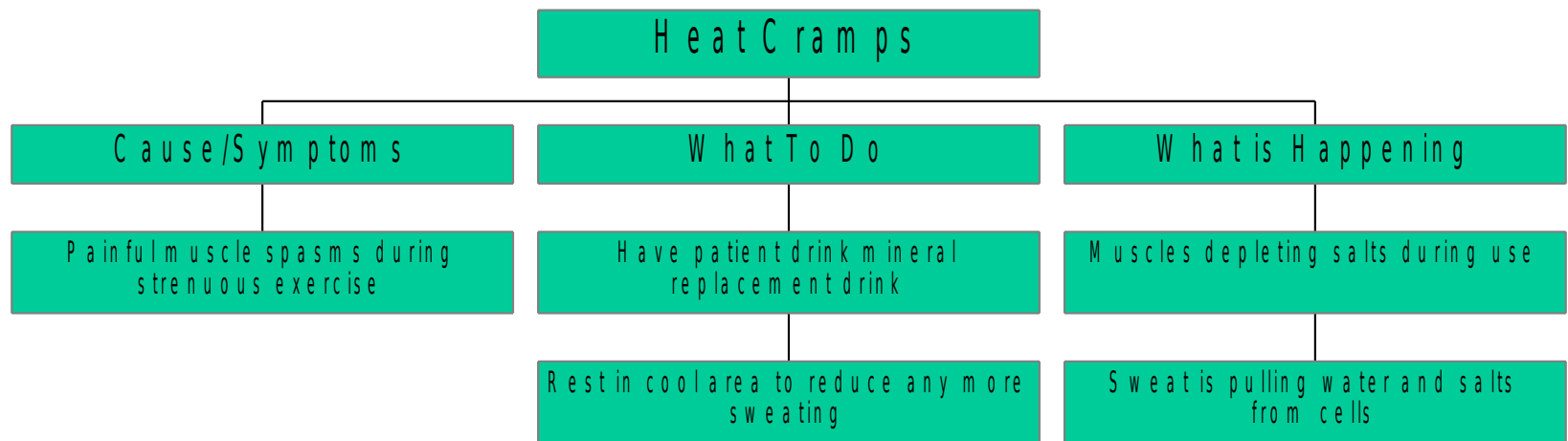
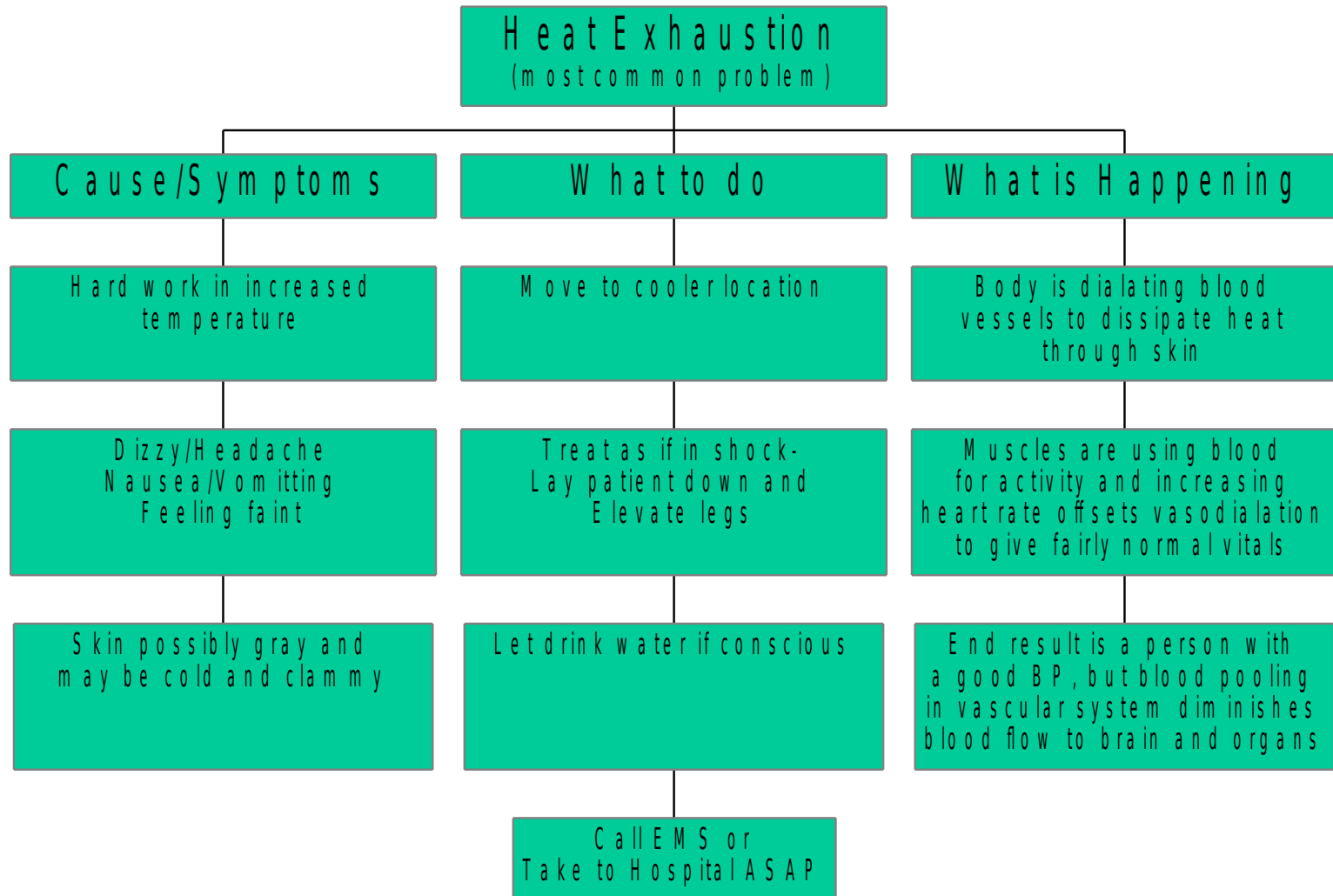


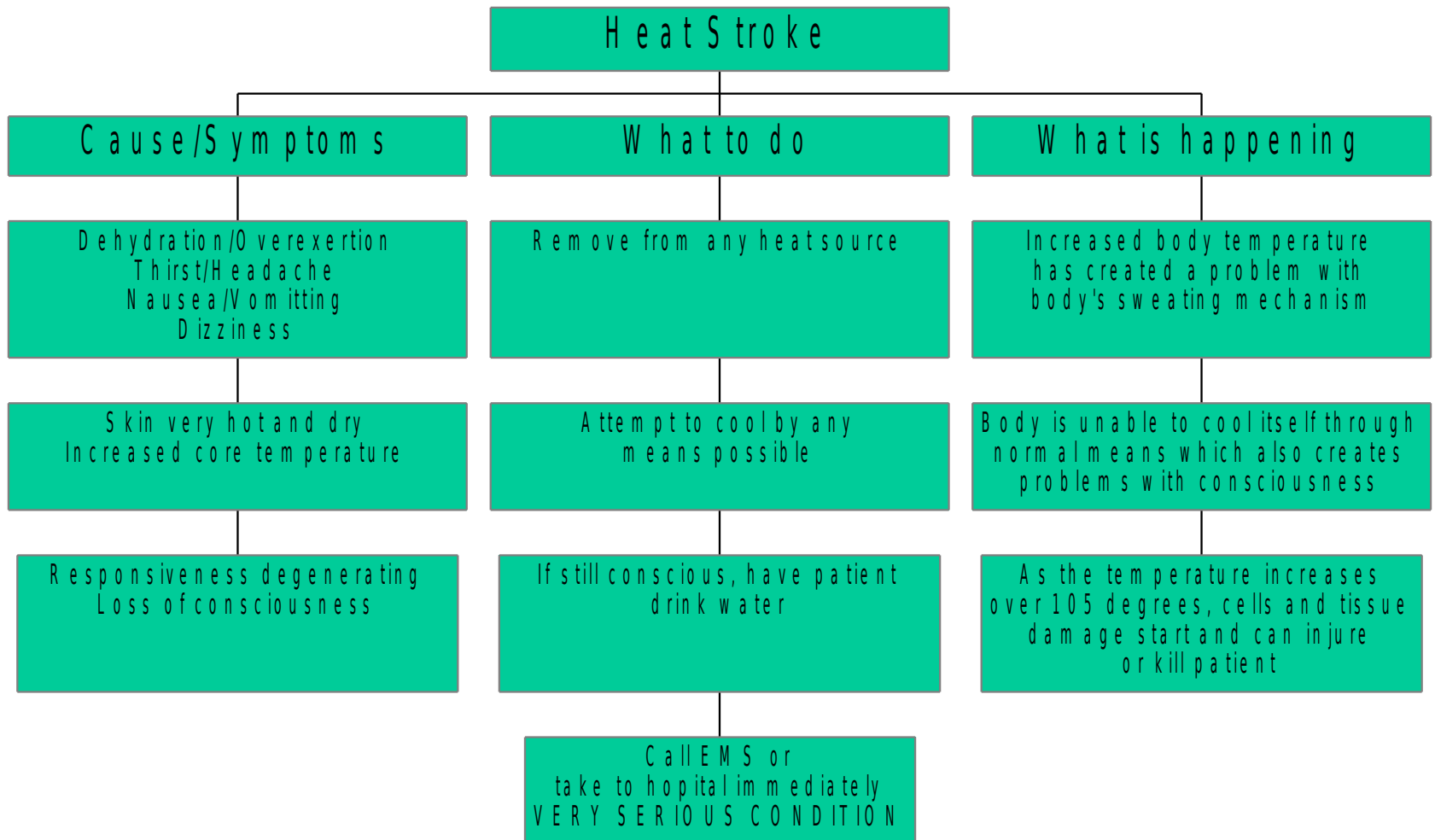
Heat Cramps



Heat Exhaustion



Heat Stroke



Prevention

Heat Injury Prevention

Adhere to work / rest cycles according to heat index

Drink diluted mineral replacement drink throughout activity

Avoid overexertion for extended length of time and possibly take turns as a safety man for a crew (depending on availability)

Be prepared with the proper equipment in case there is a problem

Know the number to EMS and the closest medical facility